

## **Tonight's Program – Friday November 18th... Paul King Plumbing Series**

- Little Trackeez Handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez – Time Trial
- Junior & Senior Grades Sprint Derby – (3 Rounds)
- Little Trackeez Handicap
- Junior Grades – Scratch Races
- Senior Grades – Motor Pace

So we can maximize the daylight we have at this stage of the calendar ...

- BE READY TO LINE UP PROMPTLY WHEN IT'S YOUR TURN TO RACE – which means get onto the track – quickly!!!
- EXIT THE TRACK IMMEDIATELY AFTER YOUR RACE IS DONE – 1 lap is enough after you finish your race

## **November 11th Results – South Coast Cycling Omnium Rd2**

Heart Starter Senior 1 – D. Cripwell, D. Drake, L. Walker, A. Gwiazdzinski.

Heart Starter Senior 2 – S. Harris, D. Slater, D. Kubilius, N. Chaffey.

Heart Starter Junior – E. Birrane, K. Tidswell, E. Walker, T. Kohn.

Little Trackies 1 lap Handicap – N. Fountas, G. Chaffey .

Senior Time Trial – A. Gwiazdzinski – 37.99, P. Lechelt – 38.20, L. Walker – 38.26, D. Drake – 38.27, D. Cripwell – 39.02, S.

Hennessey – 39.58, D. Kubilius – 39.89, S. Harris – 44.01, A. Puckridge – 44.01, D. Slater – 44.72, N. Chaffey – 47.38.

Junior Time Trial – K. Tidswell – 38.97, E. Walker – 39.74. E. Walker – 39.74, J. Currie – 41.02, E. Birrane – 41.32, T. Kohn – 43.98, S. Johnson – 44.08, G. Currie – 56.12.

Little Trackeez Time Trial – N. Fountas – 1:12.15, G. Chaffey – 1:30.80,

Italian Pursuit Senior A & B Team

01:53.59 – S. Harris, A. Gwiazdzinski, P. Lechelt, S. Hennessey, L. Walker, E. Walker.

01:59.16 – N. Chaffey, D. Kubilius, D. Slater, A. Puckridge, D. Cripwell, D. Drake.

Italian Pursuit Junior Team .

01:20.34 – J. Currie, E. Walker, E. Birrane, K. Tidswell .

01:25.44 – G. Currie, T. Kohn, S. Johnson, L. Walker .

Little Trackeez Handicap

01:33.53 – G. Chaffey, N. Fountas.

Senior Elimination Grade – D. Cripwell, D. Kubilius, D. Slater, N. Chaffey.

Junior Scratch Race – K. Tidswell, E. Walker, E. Birrane .

Junior Scratch Race – T. Kohn, S. Johnson, G. Currie.

**Boxing Day Crits/Straight Line Sprints** – Boxing Day is only 6 weeks away – this is one of the highlights on the Cycling Calendar in Adelaide. We are very lucky to be able to race on the closed street circuit at Glenelg near the Buffalo. We are proud to offer races for all ages & abilities – there are Women Only Races & we are keen to get as many Women riding as possible. Nominations are open on-line – go to our web page/see the link on our facebook & twitter pages. A link will be up soon on the CSA calendar also. We get fantastic support from City of Holdfast Bay. Did you know that the Boxing Day crits are also a major part of the yearly Bay Sports Festival.

## SCC Loan Bikes

SCC has made a considerable investment in purchasing & maintaining lots of track bikes we have available for use. Please note that one of the benefits of being an SCC member is that you get to use the loan bikes for free & as an SCC member you will always be given 1<sup>st</sup> preference. If you are not an SCC member you are also more than welcome to use the loan bikes but there will be a \$5 charge to non-members – but please note SCC members will always have 1<sup>st</sup> dibs.

## Hold Your Line When You Turn and Look Back

It is a natural tendency for your body to steer your bike toward where you look. This is a good thing when turning, cornering, and descending properly. However, you need to overcome this tendency when looking behind you or to the left or right side when riding in a straight line (see figure 5.4). When you look left, your body will naturally steer your body in that direction; the same is true with the right. Overcoming this natural tendency is important on the roads so that you can avoid swerving into traffic when training. In races, this skill will enable you to avoid swerving into competitors and causing a crash. When you are in breakaways, this skill allows you to look back and gauge the distance of the pack without wasting precious energy swerving all over the race course.

## Track Training

Numbers have been strong at our 2 weekly sessions in place...Monday nights from 5.00-6.30pm for novices & inexperienced riders

Wednesday nights from 6.00-7.30pm (5.30pm warm ups) for seniors & invited juniors. See webpage for more info on training here...

<http://southcoastcycling.org.au/track-season-2016-17/track-training-information/>

**SCC E'Town Season Awards/Consistency Points** – as mentioned we are trying something a little different with a season long points series – we are going to split the juniors into grades like we have done for seniors. It's a little easier to split the seniors into grades but we will get there with the juniors. We are tinkering with the format – NOTE: SCC riders there will be an award exclusive to you as part of the series. More news next week. Here are the leaders so far...

SCC ETOWN CONSISTENCY POINTS - SEASON 2016/17

SENIORS			
Eglinton	Simon	A	154
Schumacher	Alex	A	147
Radzikiewicz	David	A	116
Chaffey	Micheal	B	129
Nicholls	Isaac	B	128
Hennessy	Sean	B	124
Slater	David	C	164
Kernich	Gemma	C	121
King	Paul	C	94
Harris	Shane	D	155
Milne	David	D	148
Chaffey	Nicole	D	145

JUNIORS		
Currie	Jacob	195
Currie	Grace	158
Johnson	Shelby	133
Nicholas	Hugh	128
Birrane	Ethan	122
Walker	Elliott	120

Little Trakeez		
Chaffey	Gemma	120
Lennon	Sophie	100
Durston	Holly	80
Dixon	Georgia	60
Dixon	Lauren	60
Monaghan	Annabelle	60
Monaghan	Owen	60
Crick	Libby	40
Fountas	Nicholas	20
Mathwin	Eleanor	20

**Pictures of E'Town racing** Liz & Mick Young do a great job providing pictures each week of the action at Etown. If you would like copies of original pictures (free of charge) – Liz & Mick are happy to provide these of yourself or your kids racing. Please give Liz a USB with your name on it by December 2<sup>nd</sup> & get the pics loaded up for you. Print out & framed the pics would make some nice for Xmas presents.

Send us an email [email@southcoastcycling.org.au](mailto:email@southcoastcycling.org.au)